



Interim COVID-19 Monitoring & Movement Information for Persons Under Monitoring

March 17, 2020

You have potentially been exposed to a coronavirus disease 2019 (COVID-19) patient or have been in a country designated by CDC as posing a risk of exposure. This possible exposure to the virus does NOT mean that you have COVID-19 or that you will get sick with COVID-19. However, you should monitor yourself for symptoms for 14 days following your last possible exposure. Fourteen days is the longest time between when someone is exposed to the virus that causes COVID-19 and when they could develop symptoms. The information below will tell you about COVID-19 and the monitoring process.

What is COVID-19?

Coronavirus disease 2019 (COVID-19) is caused by an acute respiratory virus that can cause symptoms, including fever, cough, and shortness of breath. The outbreak originated in Hubei Province, China in late December 2019 and rapidly spread throughout mainland China. The virus that causes COVID-19 may be spread from person to person, including by coughing or sneezing, and may be spread by an infected person even if they do not have symptoms.

Are there any places you *shouldn't* go during the monitoring period?

Yes. It is requested that you remain at the home address established with the local health department for 14 days. If you plan to move to a new address or leave the county, please discuss these plans with your contact at the local health department.

Why should you monitor your temperature and symptoms?

It is requested that you monitor for symptoms because you might have been exposed to the virus that causes COVID-19. By monitoring for symptoms carefully twice a day, you can quickly know if you have developed symptoms and can seek medical attention as early as possible. Monitoring also allows public health officials to know when they need to take precautions to prevent others in your home, the community, and healthcare facilities from getting infected.

You have been given a form to record your temperature twice a day and to indicate whether you have any symptoms that could be associated with COVID-19. The most common signs and symptoms of COVID-19 are fever, cough, and shortness of breath. One or more of these symptoms may occur at any time during your monitoring period. These symptoms can be present with other diseases as well as COVID-19. If you develop any symptoms, it doesn't necessarily mean that you have COVID-19, but you might need to have further tests to determine the cause of your symptoms.

How do you monitor your temperature and symptoms?

Instructions for taking your temperature and monitoring for symptoms are listed on page 2 of these instructions. You should use your log to record your temperature and to indicate whether you have any symptoms that could be associated with COVID-19.



If at any point during the monitoring period you need to seek medical care, please immediately call the health department number listed on page two of these instructions.

NORTH CAROLINA DEPARTMENT OF HEALTH AND HUMAN SERVICES

Instructions for temperature monitoring

- Twice a day, take your temperature with the provided digital thermometer. Try to take your temperature 12 hours apart each day (for example, 7AM and 7PM).
- If you forget to take your temperature, take it as soon as you remember.
- Record the time you monitored your symptoms on the *COVID-19 Symptom Monitoring Log*.
- Record your temperature on the form in the appropriate space (morning and evening).
- If you are taking medicines that could lower a fever, such as aspirin, Tylenol® (acetaminophen), or Motrin® (ibuprofen), take your temperature *before* your next dose.

Instructions for monitoring your symptoms

- Common symptoms of COVID-19 are listed on the symptom log.
- Using the *COVID-19 Symptom Monitoring Log*, enter “Y” for yes, if you have the symptom and “N” for no, if you do not. Do not leave any spaces blank – if you don’t have the symptom, enter “N.”

What should you do if you become ill during this monitoring period?

If you have an urgent health situation, your first call should be to 911 and the second call should be to the local health department. Let the 911 operator know that you are being monitored by the health department for potential exposure to COVID-19 so appropriate precautions can be taken.

If you have a non-urgent health situation, please call your local health department immediately. Your health department will make arrangements to safely transport you to a local hospital if needed. **DO NOT take public transportation** (e.g., subway, taxi, train, bus, etc.).

If you develop symptoms requiring medical care, immediately contact your local or state health department!

WHO DO I CALL?

1 st Choice:	Health Department: _____
	Contact Name: _____
	Telephone: _____
2 nd Choice:	Health Department: _____
	Contact Name: _____
	Telephone: _____
3 rd Choice:	NC DPH (State Health Department) On-call Epidemiologist (919) 733-3419